



Eating Disorder
Recovery
Note Cards
By Laurie Glass

Laurie Glass

Freedom from Eating Disorders, LLC

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Introduction

If you struggle with self-condemnation, perfectionism, or body image, use the cards in this set to help change your perspective. Move from cutting yourself down, having unrealistic expectations, and obsessing about your appearance to focusing on who you are in God's eyes. He gives you your true identity. Others' opinions, your performance, and your appearance do not. Use these cards to remind yourself that how he sees you is what matters most.

Find other sets on the [Note Cards](#) page.

If you like the note cards, you may also like the [Christian Eating Disorder Recovery Course](#), where you can get even more encouragement and inspiration for your recovery.

You are not the eating disorder, and the eating disorder is not you. It has nothing to do with your identity.

Laurie Glass

You weren't made to compare yourself with others. You were made to be you.

Period.

Laurie Glass

For in the image of God has God made man. Gen. 9:6b

Celebrate the creation who is you.

Laurie Glass

God gives you your true identity; others do not.

Laurie Glass

Without the eating disorder, you will still be you. Not only that, you'll be a healthier, more peace-filled you.

Laurie Glass

Instead of focusing on your weight and appearance, try to concentrate on your health.

Laurie Glass

But who are you, O man, to talk back to God? Shall what is formed say to him who formed it, "Why did you make me like this?" Rom. 9:20

Your performance doesn't define you.
God does.

Laurie Glass

It isn't being arrogant to see yourself
as a beautiful creation of God, loved
and valued by him. That's simply
believing the truth.

Laurie Glass

Indeed, the very hairs of your head are all
numbered. Don't be afraid; you are worth
more than many sparrows. Luke 12:7

O Lord, you have searched me and you
know me. You know when I sit and
when I rise; you perceive my thoughts
from afar. You discern my going out
and my lying down; you are familiar
with all my ways. Ps. 139:1-3

God made you as you are so he can
use you as he's planned.

Laurie Glass

It isn't what others think of you, or
even what you think of yourself, but
what the Lord thinks of you that
matters most.

Laurie Glass

You are not your body; you just live in
your body.

Laurie Glass

The Lord had a plan all along – a plan
for who you'll be, how you'll look, and
what you'll do.

Laurie Glass

This is what the Lord says – he who made you, who formed you in the womb, and who will help you. Isa. 44:2

You're a special person in this world with a special reason to be here.

Laurie Glass

Your body doesn't define you. It's something that carries you through life. The real you lives inside.

Laurie Glass

The Lord your God is with you, he is mighty to save. He will take great delight in you. He will quiet you with his love. He will rejoice over you with singing. Zeph. 3:17

Ask the Lord to help you see yourself through his eyes. Let him show you the person he intends you to be and become.

Laurie Glass

Believe what God says about you, which is based on his love for you, not on what you have or haven't done.

Laurie Glass

You are more than your sin and your failures. They don't take away your value as a person. You're God's creation, and nothing can ever take that away.

Laurie Glass

The only person you ever have to look like is you.

Laurie Glass

Dismiss what others think of you. They didn't create you, they don't know everything about you, and they don't provide your identity.

Laurie Glass

Being confident of this, that he who began a good work in you will carry it on to completion until the day of Jesus Christ. Phil. 1:6

I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

Ps. 139:14

You can't be perfect, God doesn't expect you to be perfect, and trying to be perfect will only drive you deeper into the eating disorder.

Laurie Glass

You don't have to be anything more than human.

Laurie Glass

Imagine how your life might be different if you keep your standards in balance, see yourself through God's eyes instead of the eyes of perfectionism, and feel better both emotionally and physically.

Laurie Glass

It's okay to strive to do well, but be careful not to place your identity in what you do or don't do.

Laurie Glass

See, I have engraved you on the palms of my hands; your walls are ever before me. Isa. 49:16

Being

Explicitly

Authentically

Uniquely

Truthfully

You

Sources

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